

Jamaican Sues Barclays Bank For \$5 billion

• *Demanding Slavery Reparations*

Courtesy of Caribbean World News Network

A Jamaican activist and Brooklyn resident, Clive Campbell, is suing Barclays Bank, demanding reparations for its alleged role in the slave trade.

He is demanding \$5 billion in the suit filed last month in Brooklyn's state court. The case is set for hearing in August.

"It's time for the black race to make a stand, or our children, grandchildren, great grandchildren etc. will still be on the corners selling crack, while all the businesses and properties will be owned by white settlers. And our children will still be in the penitentiaries around the country," said Campbell in a statement on his MySpace page explaining the lawsuit.

Campbell, 25, is a member of the group Da Black Defense League, which in February called for the boycott of the New Jersey Nets, which have been sponsored by Barclays.

Campbell, citing research, is accusing Barclays of being built "on

the profits" of the slave trade.

In the suit he says the bank was complicit in genocide, "with the intent to destroy, in whole or in part, my national or ethnic group."

The bank has denied Campbell's allegations

"We have been unable to substantiate these charges," said a spokesman. "That said, Barclay's has been in business for over 310 years and, while it is possible that some organizations acquired by Barclays may have had some linkage to the slave trade, our founders, by virtue of their very strong Quaker connections, were members of the abolitionist movement."



CLIVE CAMPBELL
Accusing Barclays of being built "on the profits" of the slave trade.

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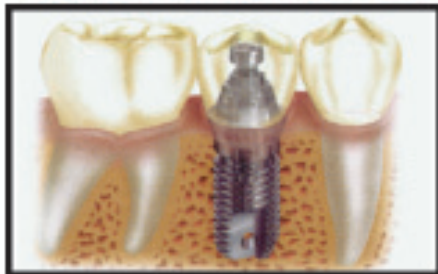
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EDITORIAL

Keep the Kids Busy this Summer!

Most schools will be closing their doors for the summer break during July. Several thousands children below the age of 18 will be at home with nothing to do.

According to police data most kids commit crime or get into problems with the law during the summer period.

With limited adult supervision at home the environment is just right for stealing and other illicit activities.

As a result, it starts at home with petty theft to shoplifting in the supermarkets and department stores.

However, as a community we should intervene to help the youth.

We must focus on education. Just because the school year is ending doesn't mean learning has to stop. Education studies show that over the summer children can forget one to three months of what they have learned.

Math and spelling skills often suffer the most because children usually practice these skills only during the school year.

We recommend having your children check out books or join a summer reading program. This will keep them reading because it's fun.

Encourage your children to read at least 10 minutes each night. Ask questions about the book to see how well they understand the material.

Blackjack is a fun card game that helps reinforce addition and subtraction. The video game Tetris helps children learn spatial relationships.

While, the studying is good, we must create a friendly and playful atmosphere. After all, all work and no play makes John a dull boy.

Local businesses should provide direct summer jobs to minority kids or sponsor programs to promote work experiences and other skills.



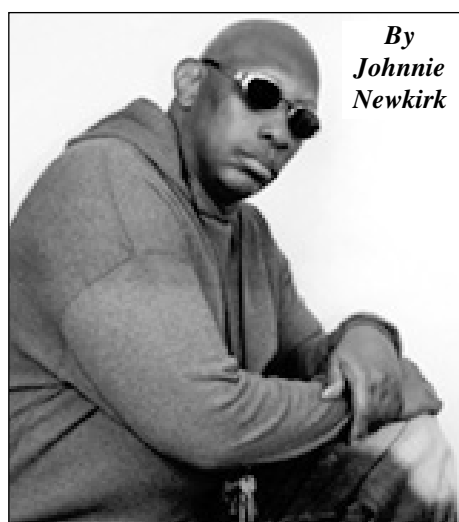
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PEOPLE ARE TALKING.... editor@streethypenewspaper.com

I Cannot Love you Because....!

I cannot love you because you're fat.
I cannot love you because you're ugly.
I cannot love you because you're poor.
I cannot love you because you're from a different religion.
I cannot love you because you're from a different ethnic group.
I cannot love you because you're gay.
I cannot love you because you're not as educated as I am.
I cannot love you because you're an alcoholic.
I cannot love you because you're a drug addict.
I cannot love you because you're a sex addict.
I cannot love you because you're an ex-con.
I cannot love you because you're committing adultery.
I cannot love you because you're having an abortion.
I cannot love you because you're pregnant and not married.
I cannot love you because you're adopted.
I cannot love you because you're HIV positive.
I cannot love you because you're disabled.



By
Johnnie
Newkirk

I cannot love you because you're unemployed.
I cannot love you because you're taller than me.

I cannot love you because you're shorter than me.
I cannot love you because you're a member of a different political party.
I cannot love you because you're not man enough for me.
I cannot love you because you're not woman enough for me.
I cannot love you because you're an atheist.
I cannot love you because you're a whore.
I cannot love you because you're a pimp.
I cannot love you because you're a prostitute.
I cannot love you because you're an offspring of a mobster.

I cannot love you because you're not a professional.
I cannot love you because you're not in the same social circle as I am.
I cannot love you because you're too small where it counts.
I cannot love you because you're not a hunk.
I cannot love you because you're not bikini material.
I cannot love you because....

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NEWS



-Photo by Amir Akbar

PORTIA MEETS THE COMRADES: Members of Jamaica Progressive League pose with Portia Simpson-Miller, Jamaica's Leader of the Opposition (center) at the 24th Anniversary Dinner and Dance of the Jamaica National Movement on June 28 at Antun's in Queen, New York City. Jamaica Progressive League and Jamaica National Movement are affiliates of Jamaica's Peoples National Party (PNP) of which Simpson-Miller is also the president.

Two Suspected Cell Phone Robbers At Large

Police are looking for two suspected cell phone thieves involved in a string of armed robberies in Brooklyn.

Investigators say the men hit up four cellular phone stores in the past two weeks.

Three of the shops were in Crown Heights and the other is in Greenpoint. Police say in two of the heists, the men

jumped over the counter, tied up the store clerks and ran off with cash and cell phones.

The suspects, who were caught on surveillance video, are believed to be between the ages of 16 and 20.

They are about 5-feet-7 or 5-feet-8-inches tall, and between 140 to 170 pounds.

'Girlie' denies sexual molestation charges

An angry Jamaican actor, Lancel Parnell called *Street Hype* from prison claiming that he's innocent of all charges and contending that he will tell his side of the story once free from prison.

"I am being setup by people who don't like me and want to see my career flop," he claimed.

"I am not here for any child pornography. The Immigration Department is reviewing by status, but I am here legally. I was married to an American citizen," Girlie said.

The actor, is set to appear in court next Monday to answer charges of sexual abuse.

Lancel Parnell, who played 'Girlie' in the popular series, 'Girlie Get Visa,' has been in Rikers Island's Otis Bantum Correctional Center since his arrest on May 29th.

His bond of \$7,500 has not yet been posted. The alleged sexual assault case is not the first time Parnell has faced similar legal woes. In 2004, he was arrested and charged with multiple counts of sexual misconduct against boys aged between 13 and 17.

He pled guilty then to those charges



Lancel Parnell
*Siad he is innocent of
all charges of sexual abuse*

and served 15 days in jail before being released on three years probation. He will answer to violation of probation on July 28th.

NYPD Failed to Secure Thousands of Guns, Audit Finds

NEW YORK — The New York Police Department property division has failed to properly secure and track thousands of guns because of sloppy storage and antiquated record-keeping, a city audit has found.

City Comptroller William Thompson, who announced the audit results suggested the property division was in so much disarray that public safety was at risk.

"It's disgraceful that the NYPD has not taken the necessary steps to protect New Yorkers from the very firearms that it confiscates in order to protect our city," Thompson said in a statement.

Because of sloppy paperwork and other problems, the department initially failed to produce 94 of 324 guns asked for in the audit. The weapons eventually turned up, but only after repeated inquiries and several weeks, the report said.

The audit recommended the NYPD develop an electronic database to help keep track of all property, including guns, cash and narcotics.

The department told Thompson's office that it believes its current property practices are sound, and that it is already in the process of computerizing records.

Nation's Biggest Immigration Law Firm Under Federal Scrutiny for Hiring Advice

The nation's largest immigration law firm is under federal scrutiny over whether it helped major U.S. corporations disqualify American job applicants and give thousands of high-paying positions to immigrants.

The unprecedented Labor Department inquiry centers on Fragomen, Del Rey, Bernsen & Loewy — a New York firm at the forefront of a political effort to ease hiring of skilled foreign workers.

The Labor Department is auditing all pending applications for legal immigrant workers the firm has filed on behalf of its corporate clients.

Fragomen's prestigious client roster includes General Electric Co., IBM Corp.,

Cisco Systems Inc., Intel Corp. and Bank of America Corp., according to company publications and trade journals. The firm also represents The Associated Press on immigration issues.

The inquiry focuses on the applications filed by the firm, but there was no indication that the inquiry involves any of Fragomen's clients.

The Labor Department said that Fragomen may have improperly advised clients to contact a Fragomen attorney before hiring "apparently qualified" U.S. workers. The agency said lawyers can advise employers on how to follow the law in hiring immigrants but can't dissuade them from deciding a U.S. worker is qualified.

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NEWS

Citywide Ban On Trans Fats Takes Effect

The citywide ban on trans fats is now in effect in restaurants across the five boroughs.

Last year the Department of health banned trans fats in spreads and cooking oils. The ban also includes baked goods.

There will be a three-month grace period for restaurants to comply. After that, the city could levy heavy fines.

Health officials say they believe this phase will go as smoothly as the first.

"We think that this can keep New Yorkers healthier. Trans Fat was like lead in paint. It was very unhealthy. It was completely replaceable. And I don't think anyone is missing it," said Assistant Health Commissioner Lynn Silver. "They certainly haven't missed it in the first phase and I don't think anyone is going to miss it as the second phase goes into effect."

The Department of Health says more than 98 percent of inspected restaurants were already in compliance with the first phase of the ban.

There is a helpline set up for any restaurant owner looking for tips on how to make their recipes trans-fat free.

To access that helpline, dial 311.

Feds Slap Jamaican Council Staffer With New Charges

A Caribbean-born New York City Councilman is insisting he is not the target of a federal investigation even as his former chief-of-staff was slapped with more charges this week.

Vincentian-born City Councilman, Kendall Stewart, has so far testified before a grand jury in the case of his former top staffer, Jamaican national, Asquith Reid. But Stewart says he is not under investigation.

However, his staffer is and was this week slapped with more charges as the Feds insisted Reid's alleged embezzlement of money from a charity financed by his boss's discretionary awards of city money was more widespread than an earlier indictment.

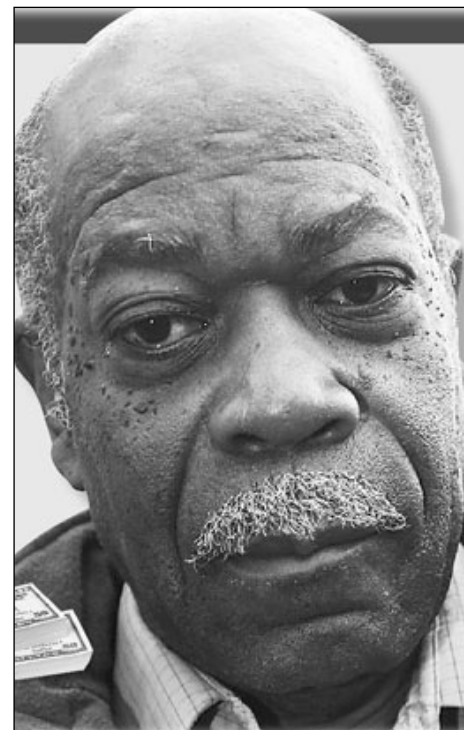
Reid has been indicted along with

Joycynth Anderson, aka Sue. Federal prosecutors insisted that the two not only embezzled \$145,000 from a non-profit program that was supposed to tutor public school children but that Reid, 64, withdrew \$22,000 of the \$49,500 in city money that had been awarded to the Community Opportunity and Resource Development and a third group called Central Brooklyn Community Services.

Reid also faces two counts of witness tampering.

The United States attorney for the Southern District of New York, and the city's Department of Investigation also say they are examining a number of the grant recipients.

-CaribbeanWorldNewsNetwork.



Asquith Reid
Alleged embezzlement of money

New Select Bus Service Drives Through Bronx

City transit officials began operating a new frequently-service bus in the Bronx Sunday as they test rapid transit in the borough.

Buses on the Bx12 "Select Bus Service" route now have dedicated travel lanes, painted red.

The service features street-side fare machines where riders buy their tickets before boarding, and onboard sensors that let traffic lights stay green for a longer time.

The bus runs from the Bay Plaza Shopping Center in Co-Op City and goes to Inwood in Manhattan. One of the buses will also extend its service to Orchard Beach. Buses will make the same stops as the Bx12 Limited, but will run more frequently. Fares are the same as regular buses. "This service has the potential to truly transform surface transportation in New York, mobility in New York," said MTA Executive Director & CEO Elliot

"Lee" Sander. "It's truly an innovation that will make a difference."

"New York City has the largest bus fleet in the nation and we have the slowest bus speed," said Transportation Commissioner Janette Sadik-Khan. "And so, some might say that bus rapid transit is a contradiction in terms, like 'jumbo shrimp.' And today we're hear to say, that contradiction is now over."

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CARIBBEAN NEWS BRIEF



Senator calls on Jamaica to adopt three strikes law

KINGSTON, Jamaica: Government Senator Dennis Meadows is urging the Jamaican government to adopt the habitual offender law, popularly called the Three Strikes Law in the United States (particularly in California), so as to protect the society from "career criminals."

Eco-tourism's green brings in the greenbacks

PARIS, France: Travel brochures will try to tempt people with pictures of tourists scuba diving in the bejewelled coral reefs of the Caribbean but they won't reveal the environmental cost of your trip. That the beach may once have housed precious mangroves, which were ripped up to make way for your hotel.

Praise for civil society involvement in Trinidad summit process

PORT-OF-SPAIN, Trinidad: The National Secretariat for the Summit of the Americas has been praised for its work in promoting civil society involvement in the Summit process and is being encouraged to maintain a high level of collaboration with representative groups in Trinidad and Tobago and the Americas.

Antigua-Barbuda sports minister wants regional conference on sport

GEORGETOWN, Guyana: Winston Williams, Minister of Sport in Antigua and Barbuda has called on the Caribbean Community to organise a Conference of Sport Ministers to discuss the future of Regional Sport Development within the Community. Williams said regional Ministers of Sport needed to come together.

Bermuda taps American insurance regulator for Board

HAMILTON, Bermuda: The financial services regulator in Bermuda, an offshore insurance market, has for the first time named a foreign insurance regulator to its board, saying the appointment will complement efforts to work with international regulators. Walter Bell has now joined the Bermuda Monetary Authority.

Efforts made to improve the fishing industry in Guyana

GEORGETOWN, Guyana: Guyana's fishermen continue to be faced with the problem of piracy and several efforts will be made by government to address this problem. Minister of Agriculture Robert Persaud speaking at the annual 'Fisherman's Day' celebrations, said there has been a recent investment.



-Photo Kathryn Kirk

CARICOM LEADERS IN NYC: (l-r, bottom row): Ambassador Cornelius A. Smith, Ambassador to the USA, Commonwealth of the Bahamas; Winston Baldwin Spencer, Prime Minister, Antigua & Barbuda; Representative from Dominica; Bharrat Jagdeo, President, Guyana; Special Assistant to the BP Yvonne Graham; Patrick Manning, Prime Minister, Trinidad & Tobago; Denzil Douglas, Prime Minister, St. Kitts & Nevis. (L-r, top row): Representative from Belize; Representative from Haiti; Clifford Marica, Minister of Trade and Industry, Suriname; Louis Straker, Deputy Prime Minister – Minister of Foreign Affairs, Commerce & Trade, St. Vincent & The Grenadines; Ambassador Lolita Applewhaite, Deputy to the Secretary General of the Caribbean Community (CARICOM); Karl Samuda, Minister of Investment, Industry and Commerce, Jamaica; David Thompson, Prime Minister, Barbados

New York City hosts historic CARICOM conference

On Thursday, June 19, Brooklyn Borough President Marty Markowitz and Special Assistant to the Borough President, Yvonne Graham joined members of Brooklyn's Caribbean community for a day of festivities in celebration of the annual National Caribbean-American Heritage Month observance in Brooklyn.

The day kicked off with a breakfast at Borough Hall attended by BP Markowitz, Congressman Charles Rangel, Brooklyn District Attorney Charles "Joe" Hynes, New York Caribbean Consular Corp and Caribbean Community (CARICOM) heads of government in town for the CARICOM conference.

This year, for the first time ever, Brooklyn and New York City are hosting the historic CARICOM conference, which focuses on the growth and development of the Caribbean Community from a regional perspective.

The conference featured heads of state and government from fourteen member states of CARICOM, policy makers, members of international organizations and financial agencies, the academic community, the private sector and people of the Caribbean and the United States.

"From Bushwick to Crown Heights, from East Flatbush and Flatbush to Canarsie, every inch of our borough and many neighborhoods throughout the city have been enriched by the contributions of our Caribbean-American communities," said BP Markowitz. "Without that vibrant Caribbean beat—the music, dance, commerce, food and the warmth and generosity of the Caribbean people—Brooklyn simply wouldn't be Brooklyn."

"The partnerships that we strengthen in the next two days can help us find solutions to our challenges and help us redeem the opportunities that nation-building brings to both the Caribbean region and

those in the Diaspora," said Special Assistant to the BP, Yvonne Graham, who hails from Jamaica. "This conference and the bilateral cooperation that will result is more than friendship, fellowship and common interests—this gathering simply represents smart business and serving our constituents in the very best way we possibly can."

For this unique and colorful gathering of islands and cultures at Brooklyn Borough Hall, a wide array of events were held to capture the sounds, sights, tastes and richness of the diverse cultures of the Caribbean.

Guyana Magistrate Shoots Police Officer

GEORGETOWN, Guyana: Police in Guyana have reported that Magistrate Gordon Gilhuys recently shot and seriously injured Police Corporal Mark George, who is now said to be in the Intensive Care Unit of the Georgetown Hospital on life support.

According to the police, at about 11:15 on Friday night, a police mobile patrol unit observed a heavily tinted vehicle parked in Georgetown. The patrol reportedly stopped and approached the vehicle to conduct checks.

As the officers directed the then unknown driver to turn on the lights and wind down the windows, a verbal exchange ensued. The police claim that the driver subsequently discharged several rounds at the officers, hitting Corporal George in his abdomen.

According to a police statement, the officers returned fire, striking the vehicle, but the driver escaped. The driver, who later showed up at the main Brickdam Police station to report the incident, turned out to be Magistrate Gilhuys, a former high ranking police officer.

Gilhuys has alleged that the police fired at him first, forcing him to return fire. He reportedly refused to give a written statement and to hand over his firearm when instructed to do by a senior police officer. The police have also claimed that the Magistrate's firearms licence had not been "renewed in 2006."

He has been released on station bail as the investigation continues.

Hospital officials say that several of George's vital organs have been damaged and that he has undergone at least one surgery.



WEEKLY PROGRAM SCHEDULE ON CHANNELS 73 & 25

<p>SUNDAY CH. 25</p> <ul style="list-style-type: none"> • 1:00 a.m. - 2:00 a.m. - Irie Vibes <p>SUNDAY CH. 73</p> <ul style="list-style-type: none"> • 9:00 a.m. - Jamaica Today • 9:30 a.m. - Synergy Top Ten • 11:30 a.m. - Caribbean Lifestyle • 12:30 p.m. - New York Linkz • 1:00 p.m. - Video Alley/Reggae Top Ten <p>SUNDAY CH. 25</p> <ul style="list-style-type: none"> • 2:00 p.m. - Cover Story (Jamaica News) • 2:30 p.m. - Trinidad News In Review • 3:00 p.m. - Hill & Gully Ride <p>SUNDAY CH. 73</p> <ul style="list-style-type: none"> • 5:30 p.m. - Hill & Gully Ride • 6:00 p.m. - Trinidad News In Review • 6:30 p.m. - Cover Story (Jamaica News) • 7:00 p.m. - Sports Roundup • 7:30 p.m. - Whatz Up, New York • 11:00 p.m. - Trinidad News In Review • 11:30 p.m. - Roll Call <p>MONDAY CH. 73</p> <ul style="list-style-type: none"> • 11:30 p.m. - Hill & Gully Ride 	<ul style="list-style-type: none"> • 12:00 a.m. - CIN Hot Music Videos <p>TUESDAY CH. 73</p> <ul style="list-style-type: none"> • 11:30 p.m. - Roll Call • 12:00 a.m. - Caribbean Lifestyle <p>WEDNESDAY CH. 73</p> <ul style="list-style-type: none"> • 11:30 p.m. - Jamaica Today • 12:00 a.m. - Irie Vibes • 1:00 a.m. - Synergy/Trinidad Top Ten <p>THURSDAY CH. 73</p> <ul style="list-style-type: none"> • 11:30 p.m. - Back Yard TV • 12:00 a.m. - Pete's Pick • 1:00 a.m. - Irie Vibes Part #2 <p>FRIDAY CH. 73</p> <ul style="list-style-type: none"> • 11:00-1:00 a.m. - Irie Vibes • 1:00 a.m. - Synergy/Trinidad Top Ten <p>SATURDAY CH. 73</p> <ul style="list-style-type: none"> • 11:00 p.m. - Video Alley/Reggae Top Ten • 12:00 a.m. - CIN Hot Music Videos • 1:00-2:00 a.m. - Pete's Pick
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TODAY'S BUSINESS

Foreclosure Solutions for Homeowners

Do you remember when the iPhone first came out? About a week before it hit store shelves, an on-line sports book published odds claiming that 1 in 20 shoppers would be trampled to death while trying to get one.

Coincidentally, those are also the odds in any given week that someone will be behind on their mortgage payments.

Are you one of them?

If you are, you realize that the stench of fear permeates your being, as you approach the unfamiliar territory of foreclosure. You don't have to be a bum or a deadbeat to get into this position.

It can be as simple as missing a few days of work or having a mortgage payment or two wind up in the Dead Letter File at the post office. Either way, your payment's late and you're in deep doo-doo with your lender. Now your lender's threatening you with the Big "F" – foreclosure.

The last thing you want or need is to face the stigma of foreclosure, so you're seeking any port in a storm. The best way to get out of this mess – if you can come up with the cash – is reinstatement.

The concept is simple: Pay your lender what you owe. In return, your lender will call off the hounds and allow you to continue with your mortgage contract as if nothing has happened.

By
Lynn
Karam



This could be a practical and doable option if your problem is a short term financial hiccup.

In practice, however, it could be a pretty tall order because you'll be required to catch up your payments – with late fees – in one single lump sum payment. Most lenders stipulate in your contract that partial payments won't be accepted.

While it's possible to pay less than the full balance of your back payments, it isn't as likely an outcome. If you can work this out, you'll need to get it in writing and the only chance you have of making it happen is if you can satisfy the lender that the conditions that led to your being late won't be repeated.

If you're able to convince your lender to accept a lesser amount, it will likely take an act of Congress and your first born child. In addition, this sort of an arrangement will take some time to negotiate – time you probably don't have.

When you're in this precarious financial position, you're at your lender's mercy. It's just you and your lender. Instead of being intimidated or bullied into making a rash decision that could have a dramatic impact on your financial future, you should enlist the help of a trained professional, someone who will be in your corner, looking out for your best interests – not the bank's.

I'm talking about a real estate professional.

By calling a trained real estate professional, you'll get sound advice from an objective advocate that will act as a counterbalance to the power of your lender. This advice won't cost you an arm and a leg. As a matter of fact, it won't cost you a thing.

Then you can decide for yourself whether reinstatement of your mortgage is the best course of action for you. Then maybe you can consider getting an iPhone. If you're willing to run the risk.

Lynn Karam is a Licensed Professional Real Estate Agent in the Bronx and Southern Westchester areas, who has been helping homeowner avoid foreclosures. She can be reached at 646-372-9740 or visit her website at www.Lynnkaram.com.

Top 7 Ways To Eliminate Unnecessary Business Stresses

By Christopher M. Knight

1. Decide NOT to participate in stress. You created it anyway, so you can decide NOT to have it.

2. There is an old saying that goes: "An emergency on your part, does NOT constitute an emergency on my part."

3. Look into your mirror. Practicing saying this one word: "no."

4. Never let the energy from an angry hot customer, bring you down. Some people are just mad. That is the way they choose to go through life, but that does not mean that your day needs to be anything like theirs.

5. When you identify something which is causing undue friction or stress, DO SOMETHING RIGHT NOW about it, and chances are that the DO SOMETHING you do, will only take 10% of the other 90% of the time you might spend thinking about, *WHEN* you might do the 10% thing which would eliminate the stress in the first place.

6. Office gossip is for people who have forgotten what is important in their life, so instead of focusing on improving themselves, they focus on how screwed up others are. How egotistical, eh?

7. Life Checkup: Are you giving and getting enough love in your life? (yes, this has everything to do with your business stress life).

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SPORTS

NEWS BRIEFS

West Indies Miller surprised to be called up for ODI series

BASSETTERRE, St Kitts: West Indies newest selectee, Nikita Miller, the left arm spinner from Jamaica said that he was not expecting to be called up this late in the Digicel One Day International Series. The 26 year old said that he was looking forward to a call from the selectors earlier in the season.

All eyes on Cuba after boxing turmoil

VIENNA, Austria: All eyes will be on Cuba during the Olympic boxing tournament in Beijing in August to see how the island nation has recovered from a spate of defections. Boxing is a national sport in Cuba and the Caribbeans have won 32 of their 65 Olympic gold medals in the sport.

Ennis-London targets fast time in Beijing

Jamaica: Delloreen Ennis-London, a bronze medallist in the women's 100m Hurdles at last year's World Athletics Championships in Osaka, Japan says she wants to run her fastest time-ever this summer. Ennis-London finished second to Brigitte Foster-Hylton at the Jamaica track and field Olympic trials on Sunday.

Track success brings smiles for Jamaicans

KINGSTON, Jamaica: Jamaica's leading athletes have set their sights on winning gold at this year's Olympics and their achievements offer the country some relief from the daily media deluge of gangland violence and murder. The contrast between sporting success and the reality of Kingston was captured on Sunday.

St Vincent, Guyana top CARICOM 10K road race

GEORGETOWN, Guyana: St Vincent and the Grenadines' Pamenos Ballentyne and Guyana's Alikea Morgan have again emerged champions of the Annual Caribbean Community (CARICOM) 10K Road Race held on 29 June 2008 in Antigua and Barbuda. Ballentyne was recording his fourth consecutive win.

US coach throws down gold-medal challenge to Bolt

EUGENE, USA: US Olympic men's athletics coach Bubba Thornton threw down a gold-medal gauntlet to Jamaican world record-holder Usain Bolt after Tyson Gay's electrifying 9.68-second 100-meter victory. Gay's victory in the 100 finals Sunday at the US Olympic Track and Field Trials was aided by a 4.1m/sec tailwind.

Bolt in line to win ESPN award

Jamaica's 100 metre world record holder Usain Bolt is in line to win the best record breaking performance of the year at the Espy Awards in Los Angeles on July 20.

The Espy Awards is an annual sports awards event created and broadcast by American cable television network ESPN.

On May 31 Bolt clocked 9.72 seconds to beat Tyson Gay at the Reebok Grand Prix in New York City.

Bolt is also in line to receive the Top Track Athlete of the Year award alongside the Americans Allyson Felix, Tyson Gay and Jeremy Wariner.



Usain Bolt

Jamaica rises in football rankings

Jamaica is now second in the Caribbean after rising four places to 94 in the latest FIFA Coca-Cola World Football Rankings.

Jamaica's Reggae Boyz, who recorded a 13-nil aggregate win over the Bahamas in the second round of the CONCACAF World Cup qualification also went down 2-1 to Grenada since the previous ranking, drew 1-all with Trinidad and Tobago and beat St. Vincent and the Grenadines 5-1.

Trinidad and Tobago, who struggled to get by Bermuda, are

now at their lowest ever at 102nd.

Caribbean leaders Cuba rose a whopping 26 places to 78th.

Mexico still head CONCACAF at 19th in the world, but the United States have fallen nine places to 30th which is their lowest ranking since 2006.

Euro 2008 champions Spain are the new number one as Argentina fell five places to 6th and Brazil, two places to 4th.

Italy are second, Germany third and the Netherlands 5th.



TYSON

Gay looks forward to Asafa face off

Tyson Gay says he hopes to continue his rocket-fuelled build-up to the Olympics with a fast time in his expected 100 metre head-to-head with Asafa Powell at the London Grand Prix later this month.

The world 100 metre champion posted the fastest ever recorded time over the distance on Sunday when securing his place on the US team for Beijing.

His 9.68 seconds was however helped by a wind twice the acceptable limit to make the time a legal world record.

He is scheduled to race Powell on July 25 in the high-light of the two day meeting at Crystal Palace.

Venue set for Jamaica vs. Canada qualifier

The BMO stadium in Toronto has been confirmed as the venue where Jamaica's national senior footballers will kick off their 2010 World Cup qualifying semi-final round against host Canada on August 20 beginning at 5:30pm Jamaican time.

The venue comes as welcome news to the Jamaica Football Federation as Toronto is home to a large Jamaican and Caribbean Diaspora.

Coach Rene Simoes revealed that while the overseas

players will not be available until at least five days before the match, the local members of the squad will have three games before the first leg match against Canada.

The return home game against Canada is scheduled for November 11 but before that Jamaica is scheduled to host Mexico on September 5 and play away to Honduras on September 10 in the other two first leg matches.

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Ponting takes series victory over WI in stride

Ricky Ponting has played down talk of Australia sweeping West Indies in a One-day International series for the first time in the Caribbean.

Australia lead the five-match ODI series 3-0, after winning the opening ODI by 84 runs in St. Vincent, as well as the second and third ODIs by 63 runs under the Duckworth-Lewis Method and seven wickets

respectively in Grenada.

South Africa and Pakistan achieved ODI series sweeps in the Caribbean three years ago, when the Proteas won all five of their matches in a bilateral series, and the Pakistanis won all three in theirs.

The World ODI champions have easily stamped their authority and their reputation on the series. They have batted skillful-

ly, bowled efficiently, and fielded athletically, leaving West Indies looking like schoolboys in their wake, and putting the reality of a series sweep on the table.

"We have been pretty impressive," he said. "We did not get everything our way in the series, but I think the second and third ODIs were probably our best performances."

LEGAL ISSUES

**Legal
Q & A**

**With
Donald Vernon,
Attorney-at-Law**

**For
Questions or Comments
Call: 718-206-2411**



E-mail: dvernon@vernon-associates.com

What do I need to do to apply for naturalization?

To apply for naturalization, you must: be over 18 years old; have had permanent resident status ("green card") for at least five years (three years if you got permanent residence through marriage to a US citizen, and you are still married to and living with that US citizen; military service may also shorten your wait); have been physically present in the United States for at least 2 ½ years of the five years immediately before you file your application for naturalization.

You must also have lived in the state where you file the application for at least three months before you file the application; be functionally fluent in spoken and written English, and be able to pass a test showing you understand the basics of US history and the US system of govern-

ment. (There are limited exceptions to this for some people, because of disability, or age and length of residency); have "good moral character;" be willing to take an oath of allegiance to the United States.

The oath includes being willing to bear arms on behalf of the US if the law were to require it.

Some people can get their citizenship without meeting all of the above requirements, such as certain children, or persons who served with the US military in active duty status during certain periods of war.

Also, some noncitizen children may become US citizens automatically if one or both of their parents naturalize before the children turn 18 years old.

Lawful Permanent Residence

"Green Card" What is a green card?

"Green card" is a term often used to refer to lawful permanent residence in the United States. Lawful permanent residents have the right to live and work indefinitely in the United States, as well as to petition for certain family members to get green cards.

Lawful permanent residence is also the first step towards becoming a citizen of the US ("naturalizing").

There are a number of different ways to become a lawful permanent resident of the US, including through a family member, through an employer, by being grant-

ed asylum or refugee status, or through the diversity visa lottery.

How do I get a green card?

There are five major ways to get lawful permanent residence in the U.S:

- 1) through a family member;
- 2) through an employer;
- 3) through the diversity visa lottery;
- 4) by being granted asylum;
- 5) by entering the US as a refugee.

What is "adjustment of status"?

Adjustment of status is the process by which a person inside the United States becomes a lawful permanent resident.

The person's immigration status is "adjusted" to that of a lawful permanent resident.

Which countries are included in the lottery?

Currently includes all countries except Canada, China (not including Hong Kong), Colombia, the Dominican Republic, El Salvador, Haiti, India, Jamaica, Mexico, Pakistan, the

Philippines, South Korea, Taiwan, the United Kingdom (except Northern Ireland) (and its dependent territories), and Vietnam.

Please submit your questions to:

**Donald P. Vernon
VERNON & ASSOCIATES**

**90-04 161st Street, Jamaica, New York 11432
Tel: 718-206-2411**

E-mail: dvernon@vernon-associates.com

NEWS

Ex-New York Post writer's defamation suit tossed

A judge dismissed a defamation lawsuit filed by a former New York Post gossip writer against the Daily News, supermarket mogul Ron Burkle, and Bill and Hillary Rodham Clinton.

State Supreme Court Justice Walter Tolub trashed Jared Paul Stern's lawsuit in his decision issued Monday, saying it read more like a "Mickey Spillane novel" than a carefully argued statement of law. He also characterized the suit as a "political diatribe" against the Clintons by Stern's conservative lawyer.

The lawsuit was filed after Burkle claimed Stern had demanded money in a videotaped shakedown to squelch negative news. The Clintons are friends of Burkle, and the former president complained about Stern's contributions to Page Six, the Post's gossip section.

The Daily News reported the fracas involving its hated rival, gleefully chroni-

cling the scandal that swirled around Stern and Page Six.

Stern eventually lost his freelance job with the Post and his fledgling clothing business failed. The FBI investigated Stern, but he was never charged with a crime.

In his March 2007 lawsuit, Stern accused Burkle and the Clintons of trying to defame and discredit him. And he claimed the Daily News — along with a publicist and a former Secret Service investigator — conspired with them to ruin Stern's reputation.

The judge said the complaint failed to "identify any of the supposedly false and defamatory statements that any of the defendants ever made or conveyed. Additionally, and equally important, is that the complaint does not deny that any acts or quotes attributed to plaintiff were untrue."

Landlord found not guilty of harboring immigrants

A jury rejected the federal government's unprecedented prosecution Friday of a Lexington landlord who rented to illegal immigrants, finding him not guilty of 62 criminal counts. William Jerry Hadden, 69, wept after a judge read the verdict in U.S. District Court in Lexington. Hadden had rented to 60 undocumented immi-

grants at Cross Keys and Woodridge apartments, actions that prosecutors argued violated federal harboring laws. The case is thought to be the first time that the government has prosecuted a landlord merely for renting to illegal immigrants.

McCain, Obama vow immigration overhaul

Republican candidate John McCain promised Saturday that he would make immigration overhaul that includes a pathway to citizenship for illegal residents "my top priority" if elected president.

He made the promise to a group of Latino elected officials as he and Barack Obama courted Hispanic voters, who are a key constituency in several Western

swing states and in the perennial electoral battleground of Florida.

In a separate appearance before the same group later in the day, Obama charged that the Arizona senator had backed away from his longtime support of comprehensive immigration reform during Republican primaries under pressure from conservatives in his party.

Custody case of US-born son in Long Beach complicates deportation of illegal immigrant

On Friday nights, Michael Campo throws his clothes and homework into his backpack and waits at his mom's Long Beach apartment for the phone to ring.

When it does, 10-year-old Michael runs downstairs and jumps into his dad's car. Thus begins the weekly ritual familiar to millions of American children in

split families who bounce back and forth between mother and father. But Michael's situation has an added wrinkle that threatens to derail the custody agreement and his weekends with Dad: Carlos Alvarado is an illegal immigrant involved in deportation proceedings.



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ENTERTAINMENT NEWS

Coco Tea, Tarrus Riley First Acts Confirmed For Irie Jamboree 2008



Ninja Man

ROOTS REGGAE UPRISING MAKES WAY FOR DANCEHALL'S 'DON GORGON'

Adding a dash of classic Dancehall to their Roots Reggae celebration, Friends for Life Promotions, in association with Solar Entertainment, are announcing the addition of Dancehall's 'Don Gorgon' to REGGAE UPRISING: Taking Reggae Back to the Foundation, to be held at the world-famous Hammerstein Ballroom on July 26th.

Lauded as one of Dancehall's most wickedly creative lyricists, the 'Don Gorgon' Ninja Man will join Morgan Heritage, Richie Spice, Gyptian, Tessanne Chin, and Jamelody as a headliner for the highly-anticipated event. "A lot of people are probably wondering why we are adding Ninja Man to a show that is specifically celebration Roots Reggae," says Delroy Carroll of Solar Entertainment. "Ninja Man is one of the pioneers of the style and pattern of modern Dancehall, and one of Jamaica's most colorful and engaging stage performers. In a celebration about the traditional culture and vibe of Reggae, Ninja Man fits in perfectly."

Friends for Life Promotions' founder Donovan 'Crooks' Johnson, agrees with Carroll that Ninja Man is a welcome addition to the show. Johnson, who grew up in the Reggae cultural Mecca of Trench Town, spending his childhood a few doors down from Roots legend Bob Marley, makes it known that Ninja Man is also a Roots Reggae lover, and welcomed the opportunity to be a part of REGGAE UPRISING.

"Ninja Man is well aware that this is a celebration of Roots, of the positive and uplifting qualities of Reggae," states Johnson. "Patrons are not going to face the 'front teet, gold teet, gun pon teet Don Gorgon' that they see at a sound clash, they are going to see the creatively versatile Ninja Man that, like many Dancehall artists, grew up listening to Bob Marley, Peter Tosh, Burning Spear, Dennis Brown and all of the great Roots entertainers."

For more information about the event and ticket pricing, contact Solar Entertainment at 718-675-4144 or email solarevents@aol.com.

Reggae singer Calvin Barrett, aka Coco Tea, who endorsed USA, Illinois Senator and Democratic Presidential candidate, Barack Obama with a powerful song titled, Barack Obama, is the first artiste confirmed for North America's premier reggae festival Irie Jamboree, which takes place on Labor Day Sunday, August 31, inside Roy Wilkins Park in Queens, NY.

Coco Tea is now enjoying a major resurgence in his career on the international scene with the song that has garnered air play on radio stations around the globe and was featured on CNN, The New York Times, Washington Post and The Associated Press.

The is not Coco Tea's first crack at an international issue, as his strident anti-Gulf War commentaries "Oil Ting" and "No Blood for Oil" were banned on radio in Jamaica and the U.K. The talented singer who was born in May Pen, Clarendon, has recorded a series of hit singles including "Rocking Dolly," "Riker's Island," "I Lost My Sonia," "Informer," "Can't Stop Cocoa Tea and "Good Life."

Award winning reggae singer Tarrus Riley, who walked away with awards for 'Singer of the Year' and 'Song of The Year' at the IRAWMA in New York, the Excellence in Music & Entertainment and The Irie FM Awards in Jamaica is also



Coco Tea



Tarrus Riley

confirmed for Irie Jamboree. The singer recently signed a lucrative endorsement deal which makes him the face of Ocean Spray Cranberry Juice in Jamaica. He will be making his first appearance at a major outdoor park event in New York area and fans are excited.

"He is extremely popular in this market right now so selecting him was a no brainer," Steven 'Yello' Williams, one of the principals of Irie Jamboree disclosed.

"We are extremely proud to have him as one of our headline performers and fans are just as eager to see him perform here in the Big Apple" Williams noted.

Tarrus is a singer of superb talent who has taken the reggae world by storm. His music is about love, it is spiritual and it is danceable. On stage he is electrifying and extremely entertaining. His new album

Parable, is a potpourri of musical progressions, melodies and soulful ballads. Stands out tracks include his cover version of John Legend's, "Stay With You," the monster hit "She's Royal" and "Lion Paw."

When asked who are some of the other acts that could grace the stage at Irie Jamboree 2k8, Williams disclosed that the production team was in discussions with a number of top acts including Sizzla and a popular R&B group that could be announced soon.

Last year's Jamboree attracted well over 30,000 music lovers who enjoyed performances from Stephen Marley, Beenie Man, Luciano, Morgan Heritage, Jr. Gong, Lady Saw, Mr Vegas, Anthony B, Tony Matterhorn, Munga, Macka Diamond, Etana, Da'Ville and others.

Afro Jazz Sundays at Tamboril Restaurant

By Bob Myers

Brooklyn's new home for Afro Jazz is Tamboril Restaurant. Every Sunday South African jazz vocalist Nathi will perform live music from the African, Caribbean & Latin traditions that will be woven together with Jazz. Tamboril <http://www.tamboril.com> is located in the Clinton Hill section of the borough, near Pratt Institute at 527 Myrtle Avenue.

Tamboril Restaurant features Nuevo Latino cuisine, that is best described as a continental menu with a Latin/Caribbean twist. Performances are from 6:00 to 8:00 pm. No cover charge, table and bar minimum.

Every Sunday thru July 13th Afro Jazz at Tamboril presents South African jazz vocalist/pianist Nathi performing in a trio set-

ting. Mr. Nathi Gcabashe has performed with Miriam Makeba, Hugh Masekela and Sibongile Khumalo just to name a few.

Tamboril's décor is modern and provides a feeling of space and warmth. The cocktail menu has vibrant drinks made with fresh ingredients and wines that add balance to every bite. Tamboril has elegant wall space where they have monthly art shows.

Open for dinner Tuesdays through Sundays and Brunch on Sundays. The dinner menu features appetizers items such as tasty bacalao cakes (cod) and rum scented grilled shrimps and popular entrees items such as cilantro mango chicken, coconut tomato salmon and seafood paella.

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AROUND TOWN PHOTOS



Divine Diva (l) of Street Hype and Sabrina HoSang of Caribbean Food Delight at the official launch of Merritone Family Fun Day held in the Bronx on June 21.



Jamaica's Prime Minister Bruce Golding greeting Diaspora residents during the conclusion of the Jamaica Diaspora conference in Kingston on June 17.

JAMAICA'S FLAG RAISING: Akelia Lawrence of Jampact, George Foster, Beverley Stephenson, Karlene Gordon, Director, Caribbean American Program for Empowerment (CAPE) and Amir Abdul-Akbar, executive director, CAPE Jamaica's flag raising committee met on Tuesday, (June 24) at the Consulate General of Jamaica to continue plans for the annual Jamaica flag raising ceremony that will take place at Brooklyn Borough Hall on Thursday, August 7.

-Photo by Aubrey Campbell



Keith Cox of Cox Nissan, Michy B (center) of Street Hype and Joan Ramkisson at the official launch of Merritone Family Fun Day held in the Bronx on June 21.

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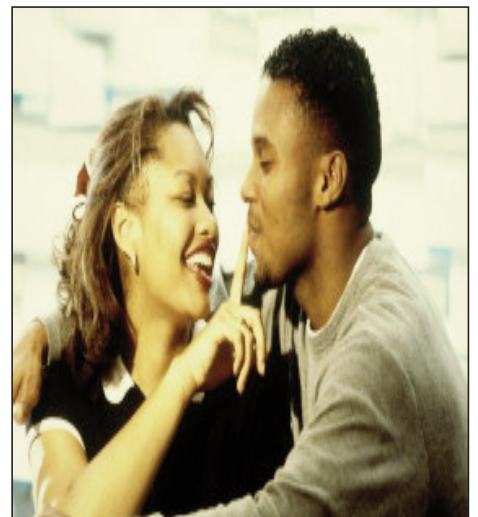
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AUTO CARE

Gas Reaches New Record as Fourth of July Holiday Nears

Amid tensions in the Middle East and growing concerns about the stability of the dollar, the price of retail gasoline and the value of crude oil futures climbed to record levels Monday, June 30.

In figures compiled daily by AAA, the national per gallon price of gasoline stood at \$4.086, up 0.7 cents from the day before and topping the June 16 all-time-high of \$4.08. In the last month prices at the pump have seen a 2.9% hike and are a staggering 38% above the levels one year ago.

Generally the lag between a spike and crude prices and the price of gasoline at the pump is 3 to 5 days. The AAA survey found that Americans in 33 states and the District of Columbia are paying \$4 or

greater on average. Alaska has now surpassed California as the state with the most expensive fuel at \$4.623. Californians are paying \$4.583. Missouri has the least expensive gasoline at \$3.862. Diesel is now averaging \$4.762.

In electronic trading overseas, light, sweet crude for August delivery stood at \$141.95 up \$1.74 at approximately 10 a.m. Eastern Time on Monday. Although still staggeringly high, the prices retreated from the earlier record of \$143.67, a price 50% higher than at the end of 2007.

Travel for the Fourth of July holiday is expected to be down by 1.3% with only 40.45 million drivers taking to the road as opposed to the 41 million who traveled last year.



Car Care tips

According to recent studies, 5 percent of all motor vehicle fatalities are clearly caused by automobile maintenance neglect.

The following simple and inexpensive preventive checks will greatly extend the life of the vehicle, ensure safer operation and even benefit the environment.

- Always consult your owner's manual, but a good rule of thumb is to have the oil filter changed regularly, every 3,000 to 4,000 miles.

- Have all fluids checked, including brake, power steering, transmission/transaxle, windshield washer solvent and antifreeze. These fluids play a large role in the safety and performance of the vehicle.

- Check tire inflation. Under-inflated tires can result in a loss of fuel efficiency. This is the least expensive form of preventive and safety maintenance.

- Tires should be checked once a month.

- Keep your engine tuned. A fouled spark plug or plugged/restricted fuel injector can reduce fuel efficiency as much as 30 percent.

- Have the chassis lubricated frequently. This step extends the life of the moving components of the vehicle's suspension system.

- Check battery cables and posts for corrosion and clean them as needed. The battery fluid should also be checked and filled if it is low, except in the case of maintenance-free batteries.

- Have the lighting system checked frequently, including headlights, turn signals, and brake and tail lights.

- Check windshield washer blades for cracks, tears and windshield contact. Replace them approximately once a year or sooner if streaking begins.

- Inspect engine belts regularly. Worn belts will affect the engine perform-

AUTO EXPERT



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ance. Look for cracks and missing sections or segments.

- Have the air filtration system checked frequently.

- The air filter should be checked approximately every other oil change for clogging or damage. This system ensures that the vehicle is performing at its peak condition.

- Always consult the vehicle owner's manual for individual service schedules as manufacturer maintenance requirements vary greatly.



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Blood lead concentrations (BPb) at age 6, compared to those at younger ages, are more strongly associated with IQ and the reduction of certain matter in the brain, responsible for planning, complex thinking, and moderating behavior.

Furthermore, children at age 6 who were exposed to lead experienced significantly devastating effects on learning, than those who had more exposure at age 2!

Approximately 310,000 U.S. children age 1-5 years have blood lead levels greater than 10 micrograms per deciliter. But blood lead levels considerably lower than 10 micrograms per deciliter are also associated with adverse effects. Today the most common sources of lead exposure are lead-based paints in older homes, contaminated soil, household dust, drinking water, lead crystal, and lead-glazed pottery.

Extreme lead exposure can cause a variety of neurological disorders such as lack of muscular coordination, convulsions, and coma. Lower lead levels have been associated with measurable deficits in children's mental development and behavioral problems.

These include hyperactivity, or ADHD, lowered performance on intelligence tests, deficits in motor function, eye-hand coordination, and reaction time. In adults, chronic lead exposure can result in increased blood pressure, decreased fertility, cataracts, nerve disorders, muscle/joint pain, and problems with memory or concentration.

A simple and inexpensive blood test can determine whether or not a child has a dangerous level of lead in his or her body. The test can be obtained through a physician, or public health agency.

Early identification and treatment of lead poisoning reduces the risk that children will suffer permanent damage. Treatment begins with removal of the child from the sources of the lead. Medications can safely remove lead from the body.

Dr. Karen Gordon is a school psychologist who has had more than 10 years experience working with children and families. She is also a former adjunct professor in Psychology at Bronx Community College. Her agency, Citywide Child and Family Services, is based in Queens. Questions can be sent directly to Citywidetherapy@hotmail.com.

Public School 399 celebrated 27 years of academic excellence and cultural development by hosting their 22nd International Rainbow Festival Celebration on Thursday, June 19.

Under the leadership of Principal Marion J. Brown, Assistant Principal Terri B. Williams and performing arts instructor Deborah Kennedy Baker, the 475 members of the student body performed cultural dances to the sounds of African drummers and music from numerous nations such as Trinidad, Ghana, Mexico, India, Nigeria, Spain and Australia.

The school used this occasion to present awards of appreciation to Brooklyn district leader Mary Hobson (42nd AD) and Keith Dawson, president of Dawson Promotions, whose annual holiday toy drive resulted in hundreds of Christmas gifts for underprivileged youth in central Brooklyn, including students at P.S. 399. This philanthropic duo also received citations from Congresswoman Yvette D. Clarke.

"I'm deeply humbled by the children and staff of P.S. 399 in accepting this award," stated Keith Dawson. "I'm honored to be working with Mary Hobson in our effort to help local youth. As an underprivileged youth who grew up in East New York, Brooklyn, I clearly remember the



P.S. 399 students and faculty presented awards of appreciation to Brooklyn district leader Mary Hobson (left) and Keith Dawson, president of Dawson Promotions, whose annual holiday toy drive resulted in hundreds of Christmas gifts for underprivileged youth in central Brooklyn, including students at P.S. 399. This philanthropic duo also received citations from Congresswoman Yvette D. Clarke.

kindness of strangers in helping my family celebrate the holidays.

"It is why I am committed to giving back to the community through my organization. Each holiday season we utilize our marketing distribution services to help local groups gather toy donations."

Added Mary Hobson, "The staff, parents and students of P.S. 399 are truly a powerful force in the community, with whom I've had the privilege of working with for nearly three decades. I want to thank Congresswoman Clarke and P.S. 399 for these awards of recognition."

Brooklyn Caribbean Youth Fest: Heritage Is Timeless

On Saturday, September 13, starting at noon Prospect Park in Brooklyn, New York will be alive with sounds of the Caribbean at the Brooklyn Caribbean Youth Fest.

This family-affair is full with expressions of various ethnic influences in music, dance, poetry and food. It is colorful and energetic; a real hearty offering and an opportunity to experience the cultural aspects that create the dynamics of Caribbean lifestyle without leaving New York.

If you miss it, you are missing a major NYC Caribbean event that is soaked in strong regional accents and rich rhythmic cadence.

2008 event marks the 4th installation and the organizers have early optimism. They are once again inviting all of NYC to come enjoy the array of performance offerings. Found to celebrate and showcase the diversity, as well as contribute to the preservation of Caribbean culture, Brooklyn Caribbean Youth Fest is simply, delightful.

The inaugural Brooklyn Caribbean Youth Fest titled 'Heritage is Timeless' was launched, Saturday, September 17, 2005 by Maxine Hamilton-Alexander and a team of dedicated volunteers. Without a stage and with true Caribbean spirit, artists performed on the grass and the event was a success story.

The event is described as work in progress, translated as, each year Brooklyn Caribbean Youth Fest is bigger and better. Annual return of the festival is drawing increased interest by spectators



Members of the Batingua dance group

and media. Spectator-count has increased significantly over the years and Brooklyn 12 News continues to give live coverage of the event. While performers strut their stuff and toot their horns, attendees respond with joyful and eager enthusiasm. The showcase is a lamentable reminder of the abundance of talents readily available at arms length reach

Alexander hopes as Brooklyn contin-

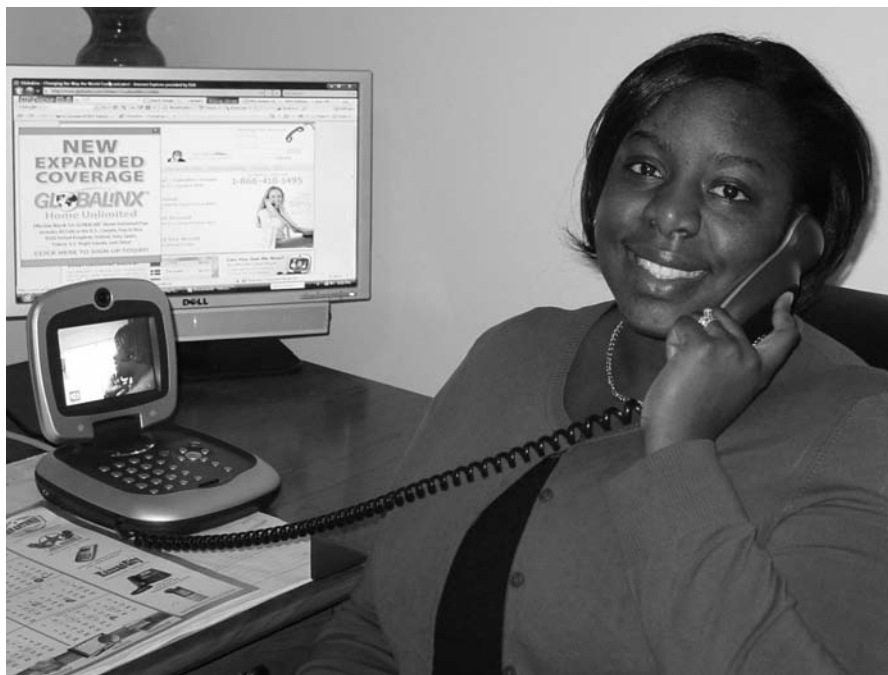
ues to strive as a great tourist destination, with this new inflow of tourists, the Caribbean community can also be a part of this growth; Brooklyn Caribbean Youth Fest becoming an attraction on their calendar of events. This year will also see the implementation of a Youth Table Tennis 'ping pong' Tournament.

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LIFESTYLE

Ways to Have a Healthy Relationship with Your Adult Children Living at Home

By Christina Newberry

1. Avoid encouraging rebellion by taking up parenting right where you left off. It may be hard to remember sometimes, but adult children living at home are still adults. A sure way to set yourself up for conflict is to over-parent your adult children.

Adult children living at home who are over-parented and over-supervised will rebel as quickly as teenagers, so you need to develop some strategies to establish a new adult-to-adult relationship – quick!

2. Stop stealing your child's independence by giving them a "free ride." It can be very tempting to try to help your adult children living at home by covering all of their living expenses – especially if they've returned home after a personal crisis like losing a job or the end of a relationship.

But why should they ever learn to take care of themselves when you're all too eager to do it for them? Even a short-term stay should require your adult children living at home to contribute to household expenses and chores. The best way to set these expectations clearly is by working out a household budget, so everyone is on the same page in terms of the extra costs your adult child is causing at home.

3. Never compromise your own financial situation to support your adult children living at home. With adult children living at home, you'll be using more heat, hot water, and electricity. You'll need to buy more groceries. In fact, all your household expenses will increase.

But no matter what you do, do not put your own financial future on the line to support your adult children living at home. You do neither yourself nor your children any good by creating extra debt or obligations for yourself.

4. Help your adult children know when the time is right to leave. The best way to

ensure your adult children living at home leave within a reasonable timeframe is to establish a clear timeline for their stay and milestones to help them reach independence.

Most adult children living at home don't plan to stay forever. But if they don't have any clear idea of when they need to leave – or how they'll work towards being able to do so, they may end up stuck.

5. Remember that anger and resentment are relationship killers. When two generations of adults live in one household, it's extremely easy for anger and resentment to build up on both sides. And once those bitter emotions have crept into a relationship, they are extremely difficult to overcome.

That's why it's critical that you and your adult children living at home work together to develop communication techniques and strategies that will deal with negative feelings before they take over – and potentially damage your relationship with your adult children forever.

6. Never (ever) undermine your adult child's ability to be a good parent. When your adult child moves back home with an entire family in tow, your life changes drastically – and your lifestyle can take a sharp downward turn.

In addition to the other challenges associated with adult children living at home, you may have to deal with the expectation that you'll be a full-time babysitter – for free. That may be okay if you're retired and your adult children living at home are working full time. But what if they take advantage of the free sitting services to start staying out late, partying, or generally shirking their parental responsibilities?

The most important thing for your grandchildren is that your own children continue to be good parents. You can help your adult children living at home to be good parents without damaging their credibility or undermining their authority, but you have to walk a fine line to make it work.

ADVICE COLUMN BY DIVINE DIVA



Honest Honors Student Has To Compete With Cheaters

Dear Divine Diva:

I am a 12 TH-grade honors student in a highly rated private school. I have never cheated on any assignment, nor have I ever helped anyone else to cheat.

However, I know several of my classmates cheat on quizzes and homework assignments because I have seen them.

Divine, many of these students have better grade point averages (GPAs) than I do. In my school, the competition to become valedictorian is cutthroat. The valedictorian typically graduates with a 4.5 GPA.

It's frustrating to see the honor code at this school, as well as the hard work of honest students who are trying to make it to the top, undermined by the cheaters. Yet I'm hesitant to turn them in to the teachers if I see it happen again. What would be the appropriate thing to do? -- Valedictorian Contender, Charleston S.C.

Dear Contender:

The thing to do is let the teachers and the principal know what's going on. If you are reluctant to do this for yourself, then do it for all the other honest students who are diligently trying to earn excellent grades and improve their chances of acceptance at the better colleges and uni-

versities.

Over the last 10 or 15 years, many people's standards of ethics have taken a nosedive. By "ethics," I mean doing what is right because it is the right thing to do. We hear about it daily when stories appear in the media about court-appointed conservators who cheat the frail elderly they were hired to protect, banks selling clients inappropriate retirement funds, mortgage brokers encumbering first-time homeowners with loans they can't keep up with, the theft and abuse of personal information, drug companies sponsoring "research" that influences the approval of questionable products, and educators who lie about their credentials.

Drivers speed and ignore stop signals if they think no one will see them, and residents of high-crime neighborhoods cling to a code of silence when innocent children and young adults are gunned down simply for being in the wrong place at the wrong time.

We are ALL responsible for creating the world we live in. And little will change in the face of ethical lapses and criminal behavior until more of us are willing to take a stand and do something about them when we see it happen.

Readers and Listeners, your thoughts on this would be welcome. Patrick Please give the address they can send comments to. --Divine Diva

Send questions and comments: ranagreendibba@yahoo.com or P.O. Box 26, Bronx, NY 10466 or visit: www.divinedivafeatures.com

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George's Word Ladder

By Mark Szorady

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MARK SZORADY

SOLUTION: GAME GOME COME COOP
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WORD PILE

By Mark Szorady

COMBINE THE LETTERS TO MAKE 21 WORDS. EACH WORD CONTAINS AT LEAST THREE LETTERS.

1. _____ 11. _____ 18. _____

2. _____ 12. _____ 19. _____

3. _____ 13. _____ 20. _____

4. _____ 14. _____ 21. _____

5. _____ 15. _____

6. _____ 16. _____

7. _____ 17. _____

8. _____

9. _____

10. _____

NR

ER

UT

MARK SZORADY

CROSSWORD PUZZLE

ACROSS

1 Means of transportation

5 Glide

10 Insect

14 Surpassing

15 Drummer

16 Within: pref.

17 Powerful ruler, once

18 Lightened up

19 Solar disk

20 One more

22 Items of paper or cloth

24 Contraction

25 Fashion

26 One of Santa's reindeer

29 MMM

30 Part of an electrolytic cell

34 Head covering

35 Org. concerned with education

36 Respond

37 Famous New York Giant

38 So-so

40 Unpleasant companion

41 Least

43 Italian numeral

44 Admired one

45 Source of news

46 Word with bar or blanket

47 Exploded

48 Item made of wax

50 Tarry

51 Cooked

54 Eccentric old men

58 Hunter's prey

59 Spry

61 Place for Adam's apple

62 German article

63 Gives up

64 St. _____ of Cascia

65 Brews

66 Exports from a town in

Holland

67 Part of a staircase

DOWN

1 _____ fide

2 Hot spot

3 Flying: pref.

4 Horse

5 Releases

6 Deceitful one

7 Light switch positions

8 Ambassadors

9 Currently

10 Saps

11 Opposed one

12 British weapon

13 Lily _____

21 Single, double or triple

23 Jet

25 Sharper

26 Chew noisily

27 Western

28 Papal accessory

29 Foreign summer

31 Landlord

32 Honeys

33 Rye fungus

35 Mil. rank

36 Stone _____

38 State in India

39 Dali's field

42 Elegant homes

44 Affectionate ones

46 Crowded together

47 Terrible

49 World's need

50 Fertile loam

51 National League stadium

52 Follow

53 Bird

54 Nickname for a miner's daughter

55 Tide travelling upward?

56 Nerve network

57 Break

60 Actress Lupino

1	2	3	4	5	6	7	8	9	10	11	12	13
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HEALTH

Tips to Prevent Colds and Flu

By Raymond Lee

Because you can only treat the conditions caused by colds or flu, prevention should be your goal. Many such tips come down to using common sense about your health.

Wash your hands frequently, preferably with a disinfectant, anti-bacterial soap

If no soap is available, use plain hot water. Wash more frequently if you're around sick people. Most cold and flu viruses are spread by direct contact and then touching your nose, eyes, or mouth before washing your hands.

Don't cover your sneezes and coughs with your hands

Although you may think you are just being polite, covering your hands with clinging viruses won't do anyone any good. When you feel a sneeze or cough coming on, turn your head away from people or look down while you expel your germs into the air. If you find yourself instinctively covering up anyway, use a paper tissue, dispose of it immediately, and wash your hands.

Drink plenty of fluids

A typical healthy adult needs eight 8-ounce glasses of water or healthy liquids a day. You may need to drink more than this



if you have a fever. To be sure that you are getting enough fluids, check your urine. It should look close to clear instead of a deep yellow.

Get fresh air

Regular doses help to purge any airborne cold or flu viruses. Getting fresh air is especially important during cold weather when central heating dries you out and makes you more vulnerable to viruses. Open your windows and doors for a few minutes daily to circulate fresh air and help push out those freeloading airborne viruses.

Get a flu shot if you are in a high-risk group: 65 or older; prone to chronic diseases

Anyone can get a flu shot, and you may want to if you work in close proximity to

large groups of people. Because some strains of viruses change so frequently, inoculations are good for one year. They are usually administered in autumn, just before the flu begins, and generally take two weeks to become active.

Maintain a healthy diet

Eating right ensures healthy cell and tissue reproduction, maintains strong muscle and bone systems, and provides your body with the fuels it needs to keep your immune system in top shape.

Take vitamin C

Vitamin C stimulates a natural virus killer and mobilizes the immune cells that patrol your body to attack invading colds and flu viruses. No one knows for sure if vitamin C actually prevents colds and flu. But most health practitioners accept that vitamin C can shorten the duration of colds and flu.

Raymond Lee is one of the foremost experts in the health and fitness industry and is the Founder of Bodyfixes Group specializing in body health, muscle development and dieting. Visit <http://www.bodyfixes.com> for more information.

WEIGHT LOSS TIPS

• Spend At Least 1 Hour A Day Being Physically Active

• Eat At Least 5 Fruits And Vegetables Everyday

• Snack On Health Foods And Not On Junk Food And Sweets

• Drink At Least 8-10 Glasses Of Water A Day

• Eat A Variety Of Nutrient Rich Foods

• Avoid Greasy And Fried Foods

• Spend Less Than 2 Hours A Day Watching Tv And/Or Playing Video Games

• Eat Moderate Portions

• Eat Slowly

• Don't Skip Meals

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She encircles her waist with the pure white bead

By Donna Mason

Kali had made herself a new waist bead; one that spoke to her on a spiritual level. It had a green stone at its center. She used white as her purifying color. Green and white circled her waist.

She took off the other two that she had always worn – that she had worn for some years now – maybe four maybe five. One green one she had had made for herself in Jamaica – a memory of when she had had her two month sojourn and adventure in Jamaica.

She had gone there to see if she could again live there. She could live there but she needed money. The waist bead had the colors of Jamaican Rastafarianism – not classically so – but they were the colors of the movement.

The other she had originally commissioned for herself. Orange coral and indigo but had since remade for herself in several incarnations. At some point she would take it up and reincarnate that one again because those were her natural colors – colors that called her soul.

After her cleansing maybe she would wear the one she made for sale that she called Princess – because even in making it, it was calling her. How could she make a living selling waist beads if she wore all her products? If she were unable to let her artwork go?

Anyway, she now took off the green and white one – it had been corrupted. She had met a man – but it was now over. So, while his fluid ran out of her – when he was completely out of her – then, she would put on her new waist bead – Princess – and maybe take her place – and stop finding the same man incarnate – one without the substantive stuff – neither in breeding nor in character to travel the journey with her.

Maybe she would package it and send it to him to hang as a trophy – or in his more sober and honest moments to look at in memoriam of the heights he could have ascended.



Photo By: La Gazelle

Maybe it could be for him, inspiration to play his saxophone – to reach depths he could not yet have reached.

It was time now for a bath – to again start the process of washing him out of her. It might take two weeks to make his smell completely go. Even with shooting the shower massage directly inside of her – it might take two weeks. After all, it had only been two days since he lodged himself inside of her – and one day later that he became afraid.

He had mentioned his fear. He had said she was trying to open his nose – she had brushed his fear away saying that that was simply a part of being alive. She kept forgetting that some people were scared of being alive. Some people were more comfortable with living the half life. She would give him back his half life – and retire her cleansing green and white waist bead.

Kali stepped out of the bath. She then added the scent of herself. Dabbing several drops of patchouli to her brush and proceeded to brush the earthy scent throughout her hair. It was one of her sensuous pleasures – brushing her hair. She loved to watch the tangled mass come alive. She was not gentle with it.

She brushed hard and vigorous and was rewarded to see it spring up alive and healthy. Reaching for the coconut oil that she had made herself – with her own hands—she added the next layer of her personal scent.

The sweet pungent smell was beautiful to her. She then encircled her waist with the pure white waist bead – Princess.

Seven Ways to Raise Small Business Startup Financing

By Robert Moment

Starting your own business takes cash. Sometimes, it takes lots and lots of cash. For many would-be business owners this need for startup money feels like an insurmountable hurdle.

The good news is that there's no reason to let the need for cash derail your business before it gets started. These seven tips and resources are here to get you started.

Start locally - The U.S. Small Business Administration (SBA) www.sba.gov – offers many loan opportunities for start up businesses. Among your options are loan programs such as the 7(a) Loan Guarantee Program which provides loans through banks whereby the SBA acts as the guarantor. Loans are available up to \$500,000. Check with your local SBA office or SBA website (www.sba.gov) and find a list of banks where you can apply.

Outside investments - Venture capital firms, companies whose business model is to profit from investing in start-up businesses with great ideas, are a great resource. The National Venture Capital Association www.nvca.org lists information on venture capital firms across the country and provides contact information for your state's chapter. Venture capitalists invest millions of dollars often to technology related firms.

Family and Friends - One of the most common resources for small business start-ups are the people closest to you. While asking your family and friends for a loan or investment in your startup may be uncomfortable, it may be a very wise investment on their part and an economical option for you with lower interest rates. Keep your friends and family loan as professional as possible.

Create a business plan, demonstrate how you intend to market, profit, and provide a reasonable estimate of revenue. Resources are available online to help in this process. For example, a third party lending institution such as Circle lending (www.circlelending.com) can prepare loan documents for family and friends.

Grants and Government resources - Despite the hype you may have seen or heard, there are no government grants for small businesses. However, if your business is a non-profit that helps small businesses then you have options. Additionally, if your business is a non-profit then you can apply for a grant from corporate giving programs, state and federal government and foundations. You must be a 501 (c) 3 status with the IRS (Internal Revenue Service). For more information on these non-profit opportunities visit the Small Business Association website at www.sba.gov.

Online Resources - Check out potential small business loans online. For example, www.prosper.com matches people who need to borrow up to \$25,000 with people who are willing to lend the money for interest rates up to 29 percent. Eloan (www.eloan.com) is another aggregate source of small business loans.

Social Networking websites - Often times, the best resources are found with networking. Social networking has opened up the world to people interested in the same topics, passions, and business models. For example, MySpace.com has a small business group. LinkedIn.com helps connect like minded professionals and Fastpitch.com helps connect people who may be interested in working with you to help you build your business.

Source: <http://Top7Business.com>



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LIFESTYLE



Prince Pankhi

PRINCE PANKHI Raw and Natural Talent

By Michy B

After seeing the electrifying performance of Prince Pankhi 1 Friday night, June 27, at Dazzles in Mount Vernon New York, I can truly say he is one to watch out for. Dennis Malcolm aka Prince Pankhi, born in Westmoreland, and raised in Kingston, Jamaica, is a raw and natural talent. His positive energy and mellifluous voice had the crowd rocking.

Prince Pankhi first realized his talent while attending St. Paul's Primary School. As a young third grader, he was the winner at a talent show for fourth, fifth and sixth graders.

Today, Prince Pankhi is still winning the hearts of his fans and music lovers worldwide. His newest hits 'My Jamaican Girl' and 'Earthquake Shook a Shook' from his upcoming album is shaking the world by storm. "I like to keep my lyrics clean and sing about experiences that people can relate to," Prince Pankhi says. "Music is like life", he continues, "I like to sing to uplift and educate the people."

Pankhi has been making his own trails and blazing through by being the opening act for many reggae greats including Gregory Isaacs, Coco T, Elephant Man and of course Capelton the Fire-Man. He has performed across Jamaica, the U.S., Europe and Asia. Definitely, Prince Pankhi will be around for a long time to come.

For further information and contact: US 718-512-8584 JA 876-863-1746 UK 0796-033-5865

- Email: info@OtisRiddim.com



Judah Tribe Band

Revival Live '08 Concert Series Welcomes Judah Tribe Soul Reggae Band July 13th

On Sunday July 13th, Revival Reggae Sundays will host the soul reggae band Judah Tribe. Led by vocalist Josh David, Judah Tribe is already blazing trails with its trademark blend of soul, rhythm & blues and roots reggae.

The performance, which begins at 9:30 pm, is part of the Revival Live '08 Concert Series which takes place at LOX Lounge on the second Sunday of each month. LOX Lounge is located at 15 Putnam Ave in Fort Greene, Brooklyn.

In 2005, a group of musicians converged in Brooklyn, NY stemming from many parts of the world. Together these talented musicians would find their common mission and common goals. As a result of this unique collaboration, Judah Tribe was born. New Day Dawnin, their debut album, is due to be released in the fall of 2008. Judah Tribe recently launched their new website JudahTribe.com which allows visitors to listen to new music, view tour schedules, and sign up for the band newsletter.

The weekly Revival Reggae Sundays dance party has been hailed as "the revival" of the New York reggae scene. Revival Reggae Sundays features an all-star line up of New York's premiere djs including DJ Silence of Pointblank Sound and DJ Jase of 107.9 Flava FM.

Special guest djs include DJ Gringo

of Sirius Radio and British djs Mr. Milton and Sir David of the BBC Sound System. Revival Reggae Sundays has also hosted many live performers including top reggae artists Ky-Enie, Barbadian songstress Toni Norville and reggae legend Milton Henry.

Events are currently underway and presented by New York City's premier reggae event company SAi Entertainment. All events are sponsored by Uzuri Hair Essentials a new line of products created specifically for natural hair.

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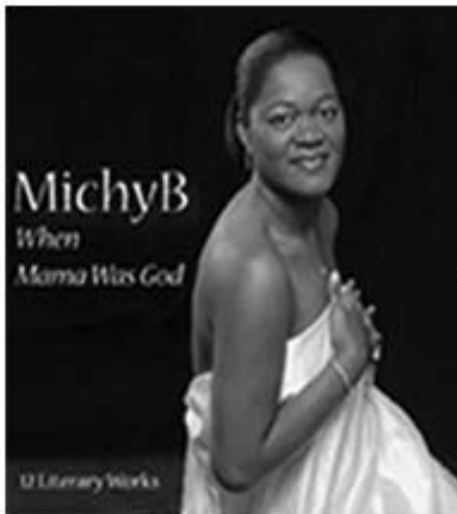
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Toward Brewster to (Exit 9E) 84 E toward Danbury - To (Exit 16)
Take a Right off the Exit and Follow to Route 188 and Route 64
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From Queens & Long Island:

Whitestone or Throgs Neck Bridge to I-95 North,
Follow Directions Above.

From Bronx & Manhattan:

Hutchinson River Pkwy North, Follow Directions Above.

From New Jersey:

I-287 N via Exit 59 toward I-87 S toward
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